

Additional Caregiver Resources

“Know Your Rights” Youth Brochure- This brochure created by CDSS, contains the reproductive and sexual health rights of youth in foster care: <http://www.cdss.ca.gov/Portals/9/FMUForms/M-P/PUB490.pdf>

Contraception/Birth Control Methods: View Planned Parenthood’s website for information on various types of contraception and their effectiveness for preventing pregnancy and STIs- <https://www.plannedparenthood.org/learn/birth-control>

CSEC (Commercially Sexually Exploited Children) Red Flags- See this site to learn about warning signs that a youth is being trafficked or sexually exploited: https://www.childrenslawcenter.org/sites/default/files/attachments/resources/PK14_IL%20CSEC%20Identification%20and%20Interview%20Tips.pdf

Understanding Consent: These videos help illustrate the concept of consent in a child or youth-friendly way. Please preview these videos to determine which one(s) are appropriate for the youth in your care:

Consent for younger kids: <https://www.youtube.com/watch?v=h3nhM9UIJjc>

“Consent: It’s as Simple as Tea” (For older kids): <https://www.youtube.com/watch?v=fGoWLWS4-kU>

Consent talk by Laci Green “Wanna Have Sex?” (best for older youth and NMDs): <https://www.youtube.com/watch?v=TD2EooMhqRI>

Assistance from Community Care Licensing:

Assisting youth with their reproductive/sexual health and pregnancy prevention: <http://www.cdss.ca.gov/Portals/9/HSD%20Guide-%202018%20revision%20update-FINAL%202-23-18.pdf?ver=2018-03-13-075222-563>

Serving Children who are Transgender or Gender Non-Conforming: <http://www.cclcd.ca.gov/res/pdf/TGNCCChildrenCAFosterCare.pdf>

How to Talk to Youth This website provides helpful tips, resources and suggestions for having conversations about sex, dating and intimacy. <https://www.talkwithyourkids.org/>

The CDSS Healthy Sexual Development webpage contains additional resources: <http://www.cdss.ca.gov/inforesources/Foster-Care/Healthy-Sexual-Development-Project>

Have more Questions? Please email the Healthy Sexual Development Mailbox at CDSS: sexualdevworkgroup@dss.ca.gov